

HUNGARIAN CUCUMBER SALAD



INGREDIENTS

3-4 Lebanese cucumbers, thinly sliced
1-2 cloves garlic, finely grated or diced
½ cup vinegar
½ cup water
1 tbs sugar
2 tsp salt
¼ tsp paprika
1 tsp fresh dill
salt and pepper to taste

PREPARATION TIME: 10 MINS

+ 30 MINS TO REST

SERVES: 4

PREPARATION

* If you can, allow half an hour before serving this salad to complete step 1.

METHOD

1. Place the cucumber slices in a bowl, sprinkle with salt and mix well. Cover and leave for about 30 minutes.
2. After half an hour, using your fingers, squeeze out the cucumber and rinse gently with water.
3. Combine the garlic, vinegar, water and sugar and pour over the cucumber slices. Season with salt and pepper and mix until well combined.
4. Just before serving, sprinkle paprika and fresh dill over the cucumber.

REHEATING, STORAGE & LEFTOVERS

* Store any leftovers in a covered container in the fridge. This salad is delicious the next day, as it's had longer to ferment in the vinegar solution.

VARIATIONS & TIPS

- * To make this salad even quicker to prepare, use a food processor to get even thin slices of cucumber.
- * If you don't have Lebanese cucumbers, any variety will do – just adjust the quantity (2 lebanese cucumbers = about 1 large cucumber).
- * I use Himalayan pink salt and organic apple cider vinegar for this recipe, sometimes mixed with organic sherry or white wine vinegar. Be sure to check your vinegar is free from preservatives and colouring. You could also use sea salt or Herbamare salt.
- * If you have any leftover whey from making homemade cream cheese (see The Food Werewolf Basics Recipes), substitute some of the vinegar with whey for a healthy fermentation process.
- * If you don't have time to leave the cucumber and salt to do it's thing, simple skip step one.
- * This salad can be served chilled or at room temperature.

NOTE

Always look for organic ingredients to be sure you are avoiding additives or check the label carefully to confirm there are no nasties in your ingredients.